

Amendments to the Specification

Beginning on page 19, the specification should be amended as follows:

Among other things, the present invention may be described in terms of an exercise apparatus, ~~comprising~~ having a base, ~~a~~ A left skate is mounted on ~~said the~~ base and movable backward and forward relative to ~~said the~~ base, ~~a~~ A right skate is also mounted on ~~said the~~ base and movable backward and forward relative to said base, ~~a~~ A first biasing means ~~for~~ selectively ~~biasing each said~~ biases each skate against movement relative to ~~said the~~ base, ~~a~~ A left foot support is pivotally connected to ~~said the~~ left skate, wherein ~~said left foot support and~~ includes a foot platform, ~~a~~ A right foot support is pivotally connected to ~~said the~~ right skate, wherein ~~said right foot support and also~~ includes a foot platform, ~~and a~~ A second biasing means ~~for~~ selectively ~~biasing each said~~ biases each foot support against movement relative to a respective skate. ~~Said The~~ first biasing means may include a pin which is selectively movable through aligned holes in ~~said the~~ base and at least one ~~said~~ skate, and/or ~~said the~~ second biasing means may include a pin which is movable through aligned holes in at least one ~~said~~ foot support and a respective skate. The skates may be interconnected by a flexible connector which is routed about at least a first pulley on ~~said the~~ base, and ~~said the~~ first biasing means may selectively prevent or discourage rotation of ~~said the~~ first pulley relative to ~~said frame the frame~~, and/or ~~said the~~ left

foot platform and ~~said the~~ right foot platform may interconnected by another flexible connector which is routed about at least a second pulley on ~~said the~~ base, and ~~said the~~ second biasing means may selectively constrain or encourage ~~said the~~ first pulley and ~~said the~~ second pulley to rotate together relative to ~~said frame the base~~. ~~Said The~~ biasing means may include a common rod having a non-circular cross section, or springs may be connected between the pulleys and/or the ~~frame base~~ to discourage relative rotation therebetween. Alternatively, ~~said the~~ first biasing means may include pinion driven racks which are selectively movable through aligned holes in ~~said the~~ base and each ~~said~~ skate, and/or ~~said the~~ second biasing means may include a toggle which is selectively movable into engagement with a pulley which is linked to both of the skates. In any event, each ~~said~~ foot support may be L-shaped, and each ~~said~~ foot platform may be rigidly mounted on a first distal end of a respective foot support. An opposite, second distal end of each ~~said~~ foot support may be connected to a flexible connector routed about at least one guide on ~~said the~~ base, and/or each ~~said~~ foot support may be pivotally connected to a respective skate proximate an intermediate juncture between ~~said the~~ first distal end and ~~said the~~ second distal end. The apparatus may further comprise a left resistance means and a right resistance means, each interconnected between a respective second distal end and a respective skate, for resisting downward pivoting of a respective foot platform relative to a respective skate.

The present invention also may be described in terms of an exercise apparatus, ~~comprising~~ having a base, ~~a left link and a right link,~~ wherein each said link is with left and right links 241 mounted on the base for movement in a first direction relative to the base, ~~a left foot support and a right foot support,~~ wherein each said foot support is Left and right foot supports 245 are mounted on a respective link for movement in a second, generally perpendicular direction relative thereto. ~~to the respective link,~~ An adjustable resistance means ~~for adjusting~~ adjusts resistance to movement of each said foot support relative to a respective link, and ~~for adjusting~~ adjusts resistance to movement of each said link relative to the base.

The present invention also may be described in terms of various methods, including, for example, a method of controlling foot exercise motion, ~~comprising the steps of:~~ This method involves providing a base, ~~mounting a first pulley on the base,~~ mounting a second pulley First and second pulleys are mounted on the base, ~~interconnecting,~~ and a spring is interconnected between the first pulley and the second pulley, ~~mounting left~~ Left and right links 241 are mounted on the base for movement in a first direction relative to the base, ~~linking the left and right links,~~ and are linked to the first pulley, ~~mounting left~~ Left and right foot supports 245 are mounted on respective links for movement in a second, generally perpendicular direction relative to the respective links, ~~and linking the left and right foot supports,~~ and are linked to the second pulley.